

maïs

AREPAS



Chef David Montilla ~ Bandeja Paisa



Cumin

A GLOBAL SPICE

Thanks to its distinctive, pleasant flavor and aroma, cumin is popular around the world. In France, cumin seeds are baked into bread. Dutch cheesemakers add them to create their distinctive Leyden cheeses. The spice is found in sofrito, adobo and chili powders across Latin America, and in curry blends across South Asia. In Colombia, cooks buy cumin as whole seeds to toast and grind before adding to soups and stews.



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COLOMBIAN-STYLE CRANBERRY BEANS

1200 Carondelet St, New Orleans, LA 70130 (504) 523-6247

AREPAS AND AJIACO ARE TO COLOMBIA WHAT PO-BOYS AND GUMBO ARE TO NEW ORLEANS.

That is, they go a long way in embodying an entire cuisine, and they can be found all over the place they're from.

Since it opened in 2012, Mais Arepas has gained quite a following for presenting a menu of authentic but modernized interpretations of Colombian cuisine, including fantastic arepas and ajiaco.

INGREDIENTS

- + 2½ cups cranberry beans
- + ½ cup pork belly, diced
- + ½ red onion, diced
- + 2 tbsp salt
- + ½ green bell pepper, diced
- + 1 tbsp ground black pepper
- + ½ red bell pepper, diced
- + 1 tbsp ground cumin
- + 1 tbsp garlic, minced
- + 1 qt beef stock
- + 1 green plantain, diced

METHOD *About 6 servings*

Put all the ingredients in a pressure cooker and cook over medium-high heat for about 30 minutes. After 30 minutes, add water if necessary and keep cooking over medium-low heat for 15 more minutes or until beans have softened.